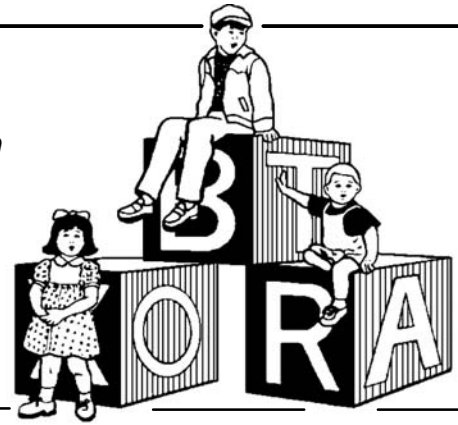


# Building Blocks to Safety

*A newsletter for prevention of childhood injuries.*



North Dakota Department of Health

Fall 2002

Division of Maternal and Child Health

## Back-to-School Bullying

Is your child a victim of bullying or is your child the bully? Bullying comes in many forms, including:



1. Teasing
2. Humiliating
3. Excluding
4. Ignoring
5. Physically assaulting
6. Stealing from
7. Spreading rumors about any other person

The sole intention of bullying is to hurt the victim either physically or emotionally.

### What can I do if my child is being bullied?

- If your child is being bullied, listen to what he or she is saying and be supportive.
- It is important to make it clear it isn't the child's fault. Ask your child how he or she has been dealing with the bullying. Talk about what else can be done and what action you both can take to solve the problem. Reassure the child you will consult him or her before taking any action.
- Remember that it is very hard for a victim to do something to stop the problem. Other people must make this happen.
- Discuss the bullying with other parents or support groups who may be able to suggest ways they have helped their own children. Raise the issue with your child's school personnel and ask them what they will do to stop the bullying; suggest

that the school contact the bully's parents. Encourage the school to develop a "no bullying" policy if it doesn't already have one, and keep working with the school until the bullying stops. You could help your child develop a plan to deal with bullying, including how to get help. For example, help your child list all the adults he or she trusts who could be telephoned or contacted for help. Write the names and phone numbers on a card that the child can carry with him or her.

- Children should first try ignoring the bully, telling the bully to stop, and walking away whenever the bullying starts.
- Encourage your child always to tell a trusted adult. Explain that this isn't telling tales. The child has a right to be safe.
- You can encourage confidence in your child in a number of ways. You could try pairing your child with a more robust child for protection and as a role model or have your child learn self-defense skills. Encourage your child to spend time with friends and provide opportunities for making new friends. Bullies hardly ever pick on people if they're with others in a group.
- If your child is different in some way, help him or her to be proud of it. A confident child is less likely to be bullied and also will be better able to deal with any bullying that occurs.



continued on page 2

# Back-to-School Bulling, continued

## What can I do if my child bullies others?

- If you discover that your child is bullying other children, stay calm.
- Try to find out how and why your child has been behaving in this way. Explain to your child that bullying is wrong and try to get your child to understand what it's like for the victim. Ask how it would feel if someone was bullying him or her. Talk about what might help stop the bullying and show your child how to join in with other children without bullying them. Praise your child when he or she plays cooperatively with other children without resorting to bullying. Talk to your child's

school and find out if it has appropriate programs to help children who bully or seek help from school counselors. In some cases, parents can help by controlling their own behavior and by making it clear that bullying is unacceptable. If you feel it's appropriate, you may like to consider an anger management program for yourself and your child.

- Tell your children that they should never join in when someone else is being bullied and that they should always try to help another child being bullied; for example, by reporting it.
- Tell them that doing nothing to stop bullying means that they're saying it's okay.

The above information is from the publication *The Impact of Bullying on Children* by Dr Gabrielle Maxwell and Janis Carroll-Lind.

# Child Safety on the Farm

Thousands of children are injured and hundreds are killed every year by hazards found on the farm. Some of these children are injured while working on the farm, while others wander into trouble on their own or are invited into hazardous areas. Implement the following injury prevention strategies today to protect agriculture's greatest resource, our children.

- Do not allow children to roam freely on the farm. Design a fenced "safe play area." This area should be near the house and away from work activities.
- Inspect your farm on a regular basis for hazards that can injure children wandering on your farm. Correct obvious hazards immediately.
- Children who are physically able to be involved in farm work should be assigned age-appropriate tasks and continually trained to perform them. They also should be constantly supervised.
- Equip all barns, farm shops, chemical storage areas, livestock pens, etc., with latches that can be locked or secured so that children cannot enter.
- Always turn equipment off, lower hydraulics and remove the key before leaving equipment unattended.
- Do not expose children to hazards. Never carry them on tractors and equipment or invite them into the farm shop, livestock barns, grain bins, etc.

## Inspect your farm:

- Is there a designated "safe play area"?
- Are equipment guards in place?
- Are hazardous work areas locked?
- Are farm ponds and pits fenced?

(Information supplied by the National Safety Council's Agricultural Division.)



Visit the following websites for more information about product safety and injury prevention:

[www.cpsc.gov](http://www.cpsc.gov)  
<http://www.health.state.nd.us>

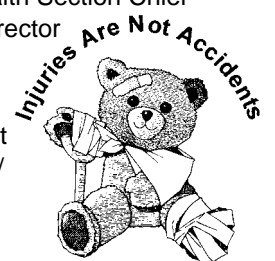
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[www.health.state.nd.us/ndhd/pubs/index.htm#Building Blocks](http://www.health.state.nd.us/ndhd/pubs/index.htm#Building%20Blocks)



# Little Tikes Toy Recalled

The CPSC and The Little Tike Company are voluntarily recalling 21,000 Pop'n Scoot Ride-on toys. Young children who lean forward can fall over the handlebars, causing facial injuries.



The Pop'n Scoot Ride-on toy is made of molded plastic with a clear dome filled with colorful beads attached to the handlebars with blue handgrips. The identification number 3292XX 1 is molded on the underside of the ride-on body. Model number 1568-01 is molded on the bottom of the storage area below the red seat.

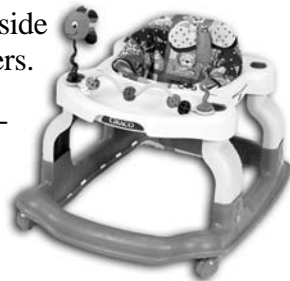
Toy stores nationwide sold the riding toys from March 2001 through May 13, 2002. Consumers should stop using the toys immediately and contact Little Tikes at 866.765.6729 to receive a Little Tikes replacement product.

# Graco Activity Centers Recalled

CPSC and Graco voluntarily are recalling about 152,000 toy tracks attached to children's activity centers. The toy track can break, presenting a cut or pinch hazard and exposing small parts that pose a choking hazard to young children.

The recalled activity centers include the Tot Wheels V models 4511 and 4521, and the Convertible Entertainer models 4652 and 35225. The model numbers are printed on a label on the underside of the tray on the activity centers.

Discount, department and juvenile product stores sold the activity centers nationwide from November 2001 through May 2002. Consumers should stop using these activity centers with toy tracks immediately and contact Graco to receive a free replacement track at 800.673.0392.



# Vertical XL2 Mountain Bikes Recalled

CPSC and Dynacraft Industries Inc. are recalling 4,700 Vertical XL2 mountain bikes. The forks on these bicycles can break apart, causing riders to lose control, fall and suffer serious injury.



Bikes with model number 8524-21 are included in this recall. A label on the frame near the crank housing identifies the model number. The bicycles are red.

Target stores nationwide sold these mountain bikes from August 1999 through March 2000. Consumers should stop using these bicycles immediately and contact Dynacraft Industries Inc. for information about receiving a free replacement fork and free installation. For more information, contact Dynacraft at 800.288.1560.

# Inflatable Baby Floats

The CPSC and Aqua-Leisure Industries Inc. is reminding consumers about the recall of 90,000 "SunSmart" baby floats. The recall on this product was announced in November 2001. The leg holes in the seat of the float can tear, causing children to fall unexpectedly into the water and possibly drown.

The recalled floats consist of blue-and-white circular tubes with a seat in the middle and a detachable, protective sunshade. The float has pictures of purple crabs and various colored fish along the top. The recalled floats can be identified by the lettering C/S molded on the valve.



Juvenile products, specialty and discount department stores nationwide – including Target, K-Mart, Bed Bath and Beyond and Baby Central – sold the baby floats from August 2000 through September 2001. Consumers should stop using these recalled floats immediately and contact Aqua-Leisure for free replacements. Consumers can contact Aqua-Leisure at 866.807.3998.

# Radio Flyer Recalls Two Toy Cars



CPSC and Radio Flyer Inc. are recalling two separate Radio Flyer toy cars. About 15,000 Little Wooden Push Cars and 59,000 Model 8 Roadsters are being recalled for repair. A child can pull the horn off the toy's steering wheel and expose a small part inside that presents a choking hazard.



The Little Wooden Push Car is about 24-inches long, 14-inches wide and 18-inches high. The car has a natural wood body, a red steering wheel column, a red metal bar on the back and a red plastic horn on the steering wheel. A child sits in the push car and moves the car with his or her feet.

The Model 8 Roadster is about 26-inches long with a red steel body and a red rubber horn on a black steering wheel. The label has the letters MD followed by a date code that represents the month and year of manufacture. (For example, MD 12/2001 is for a manufacture date of December 2001.)

Toy stores, discount stores, catalogues and web retailers sold the cars nationwide from February 1999 through June 2002 and the Model 8 Roadster nationwide from January 2001 through July 2002. Consumers should take the recalled cars away from young children immediately and call the following number to receive a replacement steering wheel: Push Cars – 800.621.7613 and Model 8 Roadster – 800.708.9246.

## Next Ultra Shock Bikes Recalled

The CPSC and BY US International Co. are recalling about 132,000 Next Ultra Shock mountain bicycles with “Ballistic 105” front suspension forks. The forks can break apart, causing riders to lose control, fall and suffer serious injury.

The recall includes the Next Ultra Shock bicycles that are blue, with model numbers 8524–14 and 8526–20. A label affixed to the frame near the crank

housing identifies the model and date of manufacture.

Wal-Mart stores nationwide sold these mountain bikes from May 1999 through December 2000. Consumers should stop using these bicycles immediately and call Dynacraft Industries at 800.288.1560 for information about receiving a free replacement fork and free installation.

**Mark Your Calendar!** The North Dakota Department of Health and the North Dakota Department of Transportation will sponsor an Injury Prevention and Traffic Safety Conference Nov. 4 through 6, 2002, at the Doublewood Inn, Bismarck, N.D. For more information call 800.472.2286.

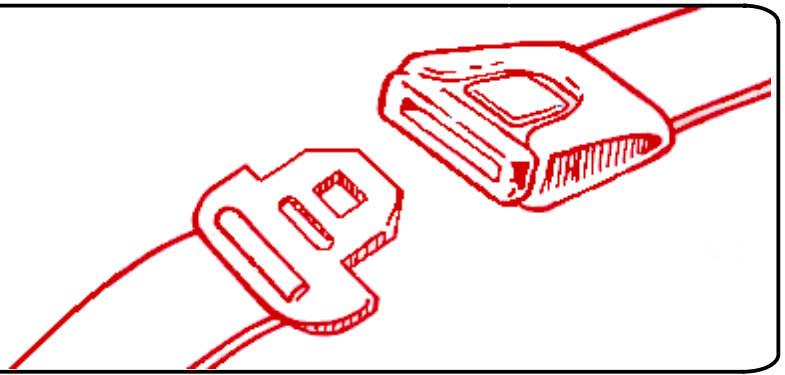
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# The Buckle Update



## “Boost, Then Buckle” Billboard Wins Award

The North Dakota Department of Health and North Dakota Department of Transportation have won an award from the American Association of Motor Vehicle Administrators (AAMVA) for their billboard, “Boost, Then Buckle.”

The billboard is part of the statewide campaign to increase the use of booster seats by children from 40 to 80 pounds or up to 4 feet 8 inches tall. The regional award is in the category of Public Affairs and Consumer Education.

The award was presented to the N.D. Department of Transportation at the AAMVA conference in Kansas. Regional winners are finalists for entry into the international awards that will be presented at the annual international conference in Saskatoon, Saskatchewan, in August.

## Safety Belt Recall Ignored

Millions of vehicles are on the road with unsafe safety belts, according to National Highway Traffic Safety Administration figures. A recall of more than 8 million front-seat safety belts made by Takata Corporation went largely ignored by vehicle owners, as fewer than 40 percent brought their vehicles in for repairs.



*Buckle found to be defective*

Many vehicles have been resold to consumers who have no idea that the recall ever happened. To find out if a vehicle is in need of replacement belts, check the list at [www.unsafebelts.com](http://www.unsafebelts.com).

## “Best Practice” for Infant Clothing, Wraps and Head Supports

An issue encountered quite frequently at car seat checkups relates to the use of blankets, buntings, and heavy coats or snowsuits that may interfere with harness snugness. A loose harness is a definite hazard, but an added layer of fabric is not likely to create a safety problem unless it interferes with correct harness routing and adjustment.

According to the 2001 National Highway Traffic Safety Administration Child Passenger Safety Curriculum, “The concern about padding placed behind/under the child or harness is for thick, compressible foam or a bunched, soft blanket. Those things can compress in a crash and put slack in the harness. A guideline for thickness could be one-half inch as a maximum and the less compressible the material (such as quilting) the better.”

Head supports are a related issue. These are often provided with the child restraint but may be sold separately by other companies. If a pad is sold with the restraint, it has been tested with it. If sold separately, it is not required to meet any standards. Usually these have some cloth behind the child’s head; in some cases, this is thick foam rather than thin, non-compressible, quilted fabric. Head supports are not essential – rolled towels or diapers can be used alongside the baby’s body and head instead. Head supports, whether rolled towels or pads provided with the child restraint, need to be repositioned each time the baby is put in the seat so they do not bunch up behind the baby.

# Are You Ready for LATCH?

Sept. 1, 2002, marks a milestone in child passenger safety with the advent of LATCH (**L**ower **A**nchors and **T**ethers for **C**hildren). LATCH is a new way to anchor child car seats in motor vehicles without the use of vehicle seat belts. It will make car seat installation easier in many vehicles and will help protect children by keeping seats more secure in a crash.

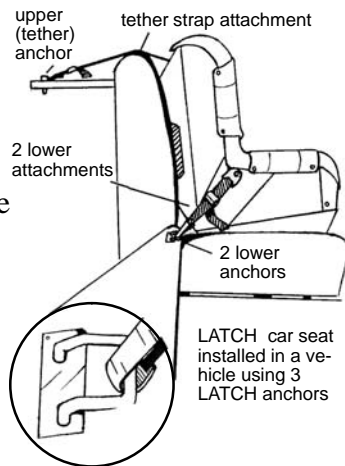
LATCH has two parts:

- The car safety seat attachments
- The vehicle anchors

Attachments will be on forward-facing car safety seats by September 2002. Additionally, all new passenger vehicles made after September 2002 must have factory-installed upper and lower LATCH attachments in at least two seating positions and at least one additional tether anchor. Many 2000–01 cars already have the attachments.

The LATCH system in a vehicle includes:

- Two lower anchors: Each is a small bar located where the lower seat cushion meets the seat back. The lower anchors may be visible or can be 2 or 3 inches behind the cushion. If not visible, they should be marked with a round circle or small symbol on the seat back.



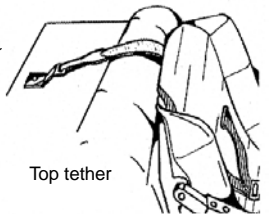
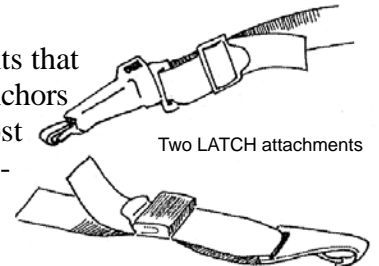
- One upper (tether) anchor: A bar, bracket or webbing strap located behind the seat. It usually is marked with a tether anchor symbol. Tether anchors are found in various places, depending upon the type of vehicle.



Check the vehicle owner's manual or contact your car dealer for locations of lower and tether anchors if they are not clearly identifiable.

The LATCH system for a car safety seat includes:

- Two lower attachments that snap into the lower anchors in the vehicle. On most car seats, these attachments are straps.
- An upper attachment called a tether strap. This strap hooks onto the upper anchor in the vehicle.



Most forward-facing car seats have a tether strap as well as lower attachments. Rear-facing car seats are not required to have tether straps. Most are anchored with only the lower attachments. Do not use a tether for a rear-facing car seat unless its instructions say you may do so. Booster seats used with lap and shoulder belt are not required to have lower attachments or tethers.

## Basics of Using LATCH

**Always** tighten LATCH attachments after connecting them to the anchors in the vehicle. Tighten the lower attachments first.

Rear-facing car seats may not have tethers. Booster seats may or may not use LATCH.

**Always** read and follow manufacturers' instructions for both the car seat and the vehicle.

**Never** attach two car seats to one LATCH anchor bar.

